

Own the podium


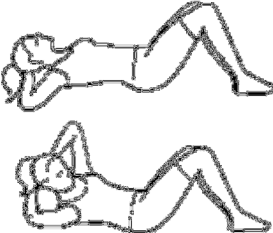
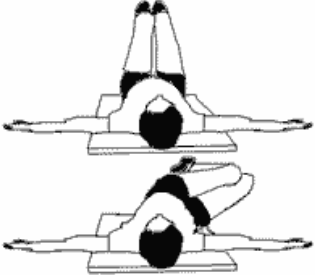

Week 3: Strong to the Core

Core = Abdominals (Rectus and Transversus), Lower Back, Pelvis

Why Strengthen the Core?

The core is vital for posture and support. It is responsible for holding the upper body in the proper posture whether standing, lifting, sitting, or performing daily movements. They also provide support for the spine when the core muscles contract and keep the body rigid. If the core muscles are not strong enough, the body may push the boundaries of the range of your spine and cause damage to ligaments, facet joints, or discs between the vertebrae.

Core Exercises

<p>Lower Back: Superman</p> 	<p>Lie facedown on the floor, legs together and straight, arms straight and extended above your head. Keep your head/neck in a neutral position. Keeping limbs straight (but not locked) and torso stationary simultaneously lift your arms and legs up toward the ceiling to form a gentle curve with your body. Lower to ground to complete one rep.</p> <p>Complete 3 sets of 10-12 reps.</p>
<p>Abs, Obliques: Crunches with Twist</p> 	<p>Lie on the floor or a mat on your back, with knees bent and hands behind head. Feet should be flat on the ground. Keep a space between your chin and chest (looking diagonal towards the ceiling). Exhale as you lift up, rotate upper body toward one side, then rotate back to center. Inhale as you lower your back to the floor. Alternate sides.</p> <p>Complete 2 sets of 10-12 reps.</p>
<p>Obliques: Pendulum</p> 	<p>Lie on the floor with your arms out to your side. Lift your legs off the ground and bend your knees to 90° (modified) or straight to 180°. Make sure your lower back is flat on the ground. Slowly lower your knees (or toes) to the right, making sure to keep your shoulders and back flat on the floor. Slowly move knees back across your body and down to your left side. One rep includes movement to the right and left side.</p> <p>Complete 2 sets of 10-12 reps.</p>
<p>Core</p> 	<p>Get into a prone position on the floor, supporting your weight on your toes and your forearms. Keep your arms bent directly below the shoulder or keep arms straight (modified). Keep your body straight at all times. Hold for 30 seconds to complete 1 set. Try to work up to 1 – 3 min.</p> <p>Hold for 30 seconds and work up to 1-3 minutes.</p>

Self Test

Instructions: Every time you complete **1 set of 8-12 reps**, give yourself a check mark.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✓							
Weekly Total							

Race Day Event

Planks



Muscle: Core

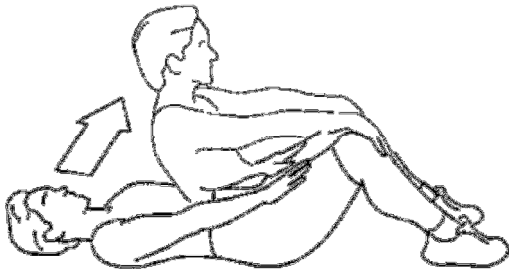
Significance: Upper body posture and support.

Instructions:

1. Get into a prone position on the floor, supporting your weight on your toes and your forearms. Keep your arms bent directly below the shoulder.

Test: Hold this position as long as possible.

Max Sit Ups in 1 Minute



Muscle: Abdominals

Significance: Upper body posture and support.

Instructions:

1. Lie flat on your back on the floor with your knees bent at 90° and feet flat on the floor.
2. Extend your arms and place your palms on your thighs.
3. Slowly curl your torso, raising your head and shoulders and sliding your hands along your thighs until they reach your knees. Lower your head and shoulders back down to the floor.

Test: Complete as many as you can in one minute.

Resources: <http://www.sparkpeople.com/>, <http://www.tbfinc.com/>, <http://www.humankinetics.com/>